



MORGAN HILL SENIOR CAFE

Tuesday

**AUGUST
2013**

Wednesday

*To allow us to better serve
you, please arrive no later
than 11:30 am.*

(408) 782-1284

Thursday

Friday

*Suggested Contribution rate
per meal: \$3.00 (60 over)
A meal ticket: \$30.00
Required Guest Fee: \$8.00*



**"No eligible individual
shall be denied
participation because of
failure or inability to contribute"**



5 Spaghetti w/ Meat
Sauce
Garlic Bread
Whole Grain Pasta
Italian Vegetables
Mixed Melon Cup / Milk



6 Roast Beef with Gravy
Whole Grain Roll
Mashed Potatoes
Fresh Squash Medley
Watermelon
Milk

7 Chicken Teriyaki
Steamed Brown Rice
Broccoli
Garden Salad
Pineapple Chunks
Milk



8 Beef Stroganoff
Whole Grain Noodles
California Vegetables
Tossed Salad Greens
Orange Juice
Milk

9 Lemon Baked Tilapia
Tartar Sauce
Baked Potato
Roasted Carrots
Fruit in Season
Milk

12 Pork Roast & Gravy
Dinner Roll with Butter
Mashed Potatoes
Mixed Vegetables
Bananas
Milk

13 Chicken Quesadillas
Flour Tortilla / Shredded
Lettuce and Tomato
Refried Beans
Salsa/ Sour Cream
Citrus Sections / Milk



14 Hearty Beef Stew
Home Style Biscuit
(Carrots, Peas, Onion, Celery
and Red Potatoes and Stew)
Green salad
Tropical Fruit / Milk

15 Baked Salmon
Tartar Sauce on the side
Seasoned Brown Rice
Fresh Broccoli
Fresh Fruit in Season
Milk



16 Grilled Hamburger
Whole Grain Bun
Potato Wedges
Pineapple Coleslaw
Mixed Melon
Milk

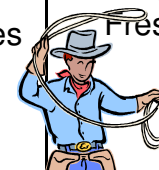


19 Lasagna with
Meat sauce
Garlic Bread
Italian Vegetables
Spinach Salad
Orange Chunks / Milk

20 Baked Orange Chicken
Steamed Brown Rice
California Vegetables
Cook's Choice Soup
Fresh Fruit
Milk

21 Baked Salmon
Tartar Sauce on the side
Whole Wheat Roll
Baked Potato w/ FF. Sour
Cream / Peas & Carrots
Oranges & Apples / Milk

22 Stuffed Bell Pepper
Whole Grain Roll
Oregon Blend Vegetables
Green Salad
Strawberries Cup
Milk



23 B-B-Q Pork Ribs
Whole Grain Bread
Fresh Potato Salad
Baked Beans
Watermelon
Milk



26 Baked Chicken
Seasoned Brown Rice
Fresh Squash Medley
Vegetable Soup
Cantaloupe
Milk

27 Soft Beef Tacos /Wheat
Flour Tortillas / Sour Cream
Refried Beans
Shredded Lettuce / Tomato
Salsa & Chips
Orange Slices /Milk

28 Homemade Meat Loaf
Whole Wheat Roll
Mixed Vegetable
Baked Potato with
F.F. Sour Cream
Peaches / Milk



29 Chicken Breast in
Alfredo Sauce
Fettuccine Noodles
Fresh Broccoli
Spinach Salad
Cook's Choice Fruit / Milk

30 Roast Turkey
Cranberry Sauce /Whole Grain
Bread / Green Beans
Mashed Potato
Pineapple Chunks'
Milk

